



BUTTER VS MARGARINE



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BUTTER *or* MARGARINE

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WHAT'S BETTER FOR YOU?

ORGANIC BUTTER

- Made from dairy
- High in saturated fat
- Contains nutrients like Vitamin A, D & E
- Source of k2
- Contains calcium
- Can help fight inflammation
- Butyric acid can improve digestion
- Higher in anti-inflammatory omega 3s
- Lower ratio of omega 6:3
- Richer in CLA which is helpful for weight loss
- Hormone-free

VS

MARGARINE

- Made from hydrogenated (rancid) vegetable oils
- High in trans fats
- May contain nickel, cadmium, lead and other very toxic heavy metals
- Can increase risk of cardiovascular disease
- Decreases immunity
- Increases cancer risk
- Decreases immune response
- Linked to obesity
- Trans fats are banned in the USA for safety concerns